

BONUS CHAPTER
DOING GOOD AND LIVING EPIC

“Every day, in every way, I’m getting better and better.”
— *Émile Coué*

This is the declaration I say out loud every morning. I start my day with this powerful desire to learn and grow and I will not go to sleep until I can truly feel that I got better that day, even just 0,1% better! This is how I am creating an epic life. I know that I am just at the beginning of my journey, and this is where you are, too (no matter where you think you are). Is it not exciting to know that the best is yet to come?

For the past four years, I have been consciously exposing myself to new thoughts every day, and it has changed everything. To be honest, it is not always easy to keep looking for new perspectives and being willing to reconsider old beliefs. It requires discipline. I found two ways to consistently trigger new thoughts:

External: books, podcasts, conferences, videos, programs, mastermind, coaching ...

Internal: journaling, reflecting, wondering, breath work, meditation ...

You don't need to agree with all the new inputs, but you have to keep exposing yourself to them. And even if you don't agree all the time, they will all serve you. Knowing what you are not is also a way to define what you are.

I realized that the quality of my life is directly linked to the quality of my thoughts and questions. I also observed that the people who always think the same things are prisoners of their thought patterns and stopped moving forward in life. Have you ever noticed some people complaining about the same thing over and over again, days after days, years after years? They are sentencing themselves to lifelong misery without even knowing it, by creating a cage and locking their thinking inside. They feel stuck and powerless, with no way out.

The trick to not becoming a victim of your own thinking is to train yourself to think differently than the way you did yesterday. To create a new reality tomorrow, you have to change how you think today.

Every time I feel stuck, I look for new perspectives. Not only changing my views by asking myself powerful questions but also by seeking new inputs. It's like when you've lost your keys; you first look into your bag, and after turning it upside down, you figure out that they are not there. So you look around. After a few minutes, you still haven't found your keys so you decide to look again in your bag as if they will appear by magic.

When you keep searching in the same place for something that you know is not there just because you don't know where else to look, you are wasting time and energy. If thinking inside of the box doesn't work, you have to think outside of the box. Pretty obvious, right? Well, if only that was our first reaction ...

Our ego firmly believes to be right and tends to attribute

faults, mistakes, etc., to external sources. Therefore, we hardly consider changing our assumptions, beliefs, practices, habits, and thoughts. When we can't find a solution where we are looking, we conclude that there is none. When we assume there is no solution, we become a victim of the situation.

WHAT CAN I DO?

It's not my fault!

I have no choice!

I am stuck!

Yes, but for me it is different.

You don't understand, for you it is easy!

When you say those sentences, you give up on looking for new perspectives and miss out on creative solutions to your problems. But your ego is safe, he kept strong, and saved his pride!

If you would explore new thoughts, and rethink old ones every day, how much would you grow and how fast?

Greatness and self-mastery are a choice. Living an epic life is not just about doing cool stuff, it is also being willing to challenge yourself and being okay with being uncomfortable. When you decide to put learning and growth over comfort and appearance, you create a new reality for yourself.

A more fulfilling, exciting, and rewarding reality.

A reality you wish you had stepped into earlier. So don't wait, the best is yet to come.

To create this reality, you'll have to master your mind and keep on choosing to think or do what you've never done before. If you feel overwhelmed, remember that it's not difficult, it's different.

“Everything is hard before it is easy.”
— *J.W. Goethe*

To me, a successful life is an epic life. In lesson four, I explained that I feel I had a successful day when I live, love, and matter.

What does that mean for you to *live*?

To feel alive, I need to have emotions, use my body and my mind to their full potential; learn, explore, live adventures, create, dream, and celebrate. I need to feel present and connected to my higher self. I know that I am living fully when I am not afraid of death.

What does that mean for you to *love*?

To love and feel loved, I want to be surrounded and connected to the people I care about. I want to express compassion and avoid judging and condemning others. I also show respect to people, give unconditionally, and am grateful to every living creature in the world. It also means to love, forgive, and accept myself, while opening up to receiving people’s love and appreciation. I know that I love openly when I feel like if I leave this planet today, I don’t have to say anything to anyone, because they all know already.

What does that mean for you to *matter*?

To matter, I have to put my ego aside and work on a mission bigger than myself. I have to positively influence and impact the life of at least one person and contribute to making the world better (for the people, the animals, or nature). It can be as simple as making someone smile or as complex as solving a world’s

problem. To me, it is not really important how big your impact is, what counts is to have one. I know that I matter if my impact transcends my years on earth.

Whatever your definition of an epic life is, you need to live with intention. We are all here on a journey toward higher consciousness. And the more we understand our interconnectedness, the better the life we create.

*“Your life is not about you, it’s about everybody else whose live
you touch
and in the way in which you touch it.”*
— Neale Donald Walsch

To support others, you have to put yourself first. I know it sounds a bit paradoxical. Do you remember the cup in the prologue? Well, you can’t fill other people’s cups if yours is not full to begin with.

And it is what this book is about; reaching higher levels of self-mastery to live a better life and support others on their journey. You first have to work on yourself (heal, forgive, accept, care for, and grow) before focusing on others. And no, it’s not egoist to think of yourself first. Because if you don’t, you will blame and make others responsible for your misery.

You start winning the day and then you get better at being you. You keep growing, maximizing your life experience, and reconnecting to your higher self to fulfill your soul purpose. I am glad we walked a part of this path together.

**How are you going to create a life where you are doing good
and living epic?**

PS: Please share with me your thoughts and what “Doing good and living epic” means to you!

Contact me on social media or at hello@francois-deneuille.com

Looking forward to hearing from you,

Cheers,

François